

718 • 630 • 4793

Hours

Monday thru Friday

Sat/Sun/Federal Holidays

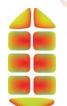
0600 - 2100

1000 - 1800

SPORTS & FITNESS CALENDAR



This 30 minute workout is great to add to any workout. Learn to kick & punch your body into the shape you'll love and leave others wishing!



Stretch & Abs

Every Thursday at 0630

This 30 minute workout can be added to the beginning or end of any workout session. Stretch the stiffness away and strengthen your core which also helps your spine... start working on that six pack before the beach time is back.





Tai Chi

Wed 0930 and Fri 1030

Health, Meditation and Martial Arts all wrapped up into one great class. Tai Chi reduces pain, stress, anxiety, promotes balance. control, flexibility, opens internal cirulation, cardiovascular fitness, and aids healthy respiratory function.





Improve your life - get connected - listen to your body - know when you've had enough to eat and what your body needs... don't think - know! Improve your life with yoga poses that strengthen you inside out & stretch your stress away at the same time. Stay well, stay fit, & save money.



1800 - 1930 EVERY WEDNESDAY IN MARCH (4.11.18.25) RSVP FOR THIS EVENT VIA EMAIL OR TELEPHONE: BILQIS.BENU@US.ARMY.MIL - 718-630-4793/4935/4830

Intramural Coed Volleyball League

Starts 21 March

Six Person Teams Military teams - no cost. Civilian teams - \$150 **DoD teams - \$150** SIGN UP TODAY!

Intramural Coed Softball League

Starts 4 May

Coaches meet - 4/4/09 Military teams - no cost. Civilian teams - \$150 To sign up contact Mr. Charles Byrd TODAY!

Evening Fitness Classes presents...



Yoga - 1800 every Tuesday Pilates - 1800 every Thursday

- · No fee to Service Members
- · Civilians \$5 suggested donation